



European Journal of Psychotraumatology

ISSN: 2000-8198 (Print) 2000-8066 (Online) Journal homepage: <https://www.tandfonline.com/loi/zept20>

ESTSS2019 Rotterdam Poster Abstract Book

To cite this article: (2019) ESTSS2019 Rotterdam Poster Abstract Book, European Journal of Psychotraumatology, 10:sup1, 1613837, DOI: [10.1080/20008198.2019.1613837](https://doi.org/10.1080/20008198.2019.1613837)

To link to this article: <https://doi.org/10.1080/20008198.2019.1613837>



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Published online: 11 Jun 2019.



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ESTSS2019 Rotterdam Poster Abstract Book

Friday 14 June 2019

Day #1

General Poster Session

15:45–17:00

1. Track: Assessment & Diagnosis

Burnout, Moral Distress and Posttraumatic Stress in Intensive Care Staff: A Dangerous Cocktail?

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Background: A number of studies have identified that staff working in intensive care suffer forms of work-related distress such as burnout, PTSD and moral distress, but little is understood about the degree to which these different forms of distress coexist or what causes them. *Objective:* In two separate UK studies, data on all three types of distress were collected in order to examine these issues further. *Method:* Participants completed three questionnaires: the abbreviated Maslach Burnout Inventory (aMBI), the Moral Distress Scale (Revised) (MDS-R) and the Trauma Screening Questionnaire (TSQ), to assess the risk of PTSD. The first study was a national online survey of 1656 healthcare staff working in paediatric intensive care; the second, a single-site study, examined the psychological aftermath of a case where treatment options were disputed in court. *Results:* The first study showed significant rates of all three types of distress (burnout 42%; moral distress 30%; PTSD 26%) which overlapped to a moderate degree. Information from the second study suggested that (a) having to treat a child whose condition was perceived to be futile, and (b) having to deal with public criticism, are new strains on this staff group. *Conclusions:* These results suggest that PICU staff in the UK is experiencing significant levels of work-related distress. The ethical implications of new technology – in relation both to medical developments and communication media – are considered. Further studies are needed to determine the best strategies for prevention and support.